

FOR IMMEDIATE RELEASE

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**FitOne Raises \$110,000 for St. Luke's Children's**  
*2015 proceeds will support programs serving youth in our community*

**BOISE – October 30, 2015** – St. Luke's Children's today received \$110,000 from the FitOne 5K, 10K and Half Marathon. On Saturday, Sept. 26, more than 12,000 people participated in the run/walk event.

"FitOne represents an important opportunity to help future generations lead healthier lives," said St. Luke's Children's Senior Director of Operations Katie Apple.

Idaho's statistics closely mirror national childhood obesity rates, with one in three children overweight or obese. These children have an increased risk for developing cardiovascular disease, hypertension, high cholesterol, sleep apnea, joint dysfunction and more.

"The generous support raised through FitOne allows us to support programs both within the hospital walls and out in our surrounding communities," Apple said. "And through the efforts of these programs, we are seeing children supported with improved physical activity and nutrition opportunities; and expanded partnerships with those also dedicated to improving the health of our community kids."

On hand for the donation was a 24-year partner to the event, Shu's Idaho Running Company.

"Seeing the opportunities that FitOne is providing for our communities – especially for youth through programs and outreach by St. Luke's Children's, reinforces why Shu's Idaho Running Company has been a proud supporter for more than 23 years," Shu's owner Mike Shuman said.

"We believe in and whole-heartedly support the mission of FitOne – to build healthier communities through fun, active living. We like to have a little fun keeping people healthy and fit ourselves, so it's a great partnership, where we can hopefully inspire that many more people to get out and move more, and do a heck of a lot of good along the way!"

New community partnerships that have formed because of FitOne include a project to build a track at Nampa's Endeavor Elementary School. The quarter-mile track was funded by the High Five Children's Health Collaborative and St. Luke's Children's, in partnership with the Nampa School District and Healthy Nampa. It was dedicated Sept. 11 and within six weeks, children and community members had run and walked more than 4,500 miles on the track.

Money from 2015 will support similar projects in Caldwell, Marsing and Jerome. The funds allow St. Luke's Children's to support programs that are safe, structured and sustainable, explained Jean Mutchie, service line program manager for St. Luke's.

“Without the FitOne funding, we would never have the ability to go out and partner in a meaningful way in these environments,” Mutchie said. “And it is due to all those steps people take in FitOne. They are making this happen.”

In addition to raising more money for programs and partnerships, FitOne is also expanding its community involvement this year. On Dec. 22, FitOne will host a Family Field Day in conjunction with the Famous Idaho Potato Bowl.

The Family Field Day ticket price of \$24 includes admission to the bowl game, lunch, opportunities to win prizes, and a family-friendly pre-bowl game event where all ages can join in to run, jump, climb, throw and more on an indoor thrill-filled fitness course. The first 500 attendees through the door receive a limited edition Family Field Day/Famous Idaho Potato Bowl scarf. For every Family Field Day ticket sold, \$3 is donated to St. Luke’s Children’s.

Visit [FitOneBoise.org](http://FitOneBoise.org) to learn more.

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### **About FitOne**

FitOne’s mission is to build healthier communities through fun, active living. FitOne is produced and sponsored by St. Luke’s Health System based in Boise, Idaho, and will continue to evolve as a year-round platform providing resources and opportunities to support active, healthy living 365 days a year. The FitOne Family 5K Run, Walk and Stroll, 10K and Half Marathon take place annually every September. The title beneficiary for FitOne is St. Luke’s Children’s, Idaho’s only children’s hospital. Key sponsors of the event are KTVB, Townsquare Media, Idaho Dairy Council, KeyBank, SelectHealth, Albertsons and the Idaho Statesman.